



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09258, Pears, canned, extra heavy syrup pack, solids and liquids

Report Date: June 30, 2017 19:58 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 266g	1 half, with liquid 79g
Proximates						
Water	g	74.28	--	--	197.58	58.68
Energy	kcal	97	--	--	258	77
Energy	kJ	406	--	--	1080	321
Protein	g	0.19	--	--	0.51	0.15
Total lipid (fat)	g	0.13	--	--	0.35	0.10
Ash	g	0.15	--	--	0.40	0.12
Carbohydrate, by difference	g	25.25	--	--	67.17	19.95
Fiber, total dietary	g	1.6	--	--	4.3	1.3
Minerals						
Calcium, Ca	mg	5	--	--	13	4
Iron, Fe	mg	0.22	--	--	0.59	0.17
Magnesium, Mg	mg	4	--	--	11	3
Phosphorus, P	mg	7	--	--	19	6
Potassium, K	mg	64	--	--	170	51
Sodium, Na	mg	5	--	--	13	4
Zinc, Zn	mg	0.08	--	--	0.21	0.06
Copper, Cu	mg	0.048	--	--	0.128	0.038
Manganese, Mn	mg	0.032	--	--	0.085	0.025
Vitamins						
Vitamin C, total ascorbic acid	mg	1.1	--	--	2.9	0.9
Thiamin	mg	0.010	--	--	0.027	0.008
Riboflavin	mg	0.022	--	--	0.059	0.017

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 266g	1 half, with liquid 79g
Niacin	mg	0.238	--	--	0.633	0.188
Pantothenic acid	mg	0.022	--	--	0.059	0.017
Vitamin B-6	mg	0.014	--	--	0.037	0.011
Folate, total	μg	1	--	--	3	1
Folic acid	μg	0	--	--	0	0
Folate, food	μg	1	--	--	3	1
Folate, DFE	μg	1	--	--	3	1
Vitamin B-12	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	0	--	--	0	0
Retinol	μg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.007	--	--	0.019	0.006
16:0	g	0.005	--	--	0.013	0.004
18:0	g	0.001	--	--	0.003	0.001
Fatty acids, total monounsaturated	g	0.026	--	--	0.069	0.021
16:1 undifferentiated	g	0.001	--	--	0.003	0.001
18:1 undifferentiated	g	0.025	--	--	0.067	0.020
Fatty acids, total polyunsaturated	g	0.030	--	--	0.080	0.024
18:2 undifferentiated	g	0.029	--	--	0.077	0.023
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.005	--	--	0.013	0.004
Isoleucine	g	0.006	--	--	0.016	0.005
Leucine	g	0.010	--	--	0.027	0.008
Lysine	g	0.007	--	--	0.019	0.006
Methionine	g	0.002	--	--	0.005	0.002
Cystine	g	0.002	--	--	0.005	0.002
Phenylalanine	g	0.005	--	--	0.013	0.004
Tyrosine	g	0.002	--	--	0.005	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 266g	1 half, with liquid 79g
Valine	g	0.007	--	--	0.019	0.006
Arginine	g	0.003	--	--	0.008	0.002
Histidine	g	0.002	--	--	0.005	0.002
Alanine	g	0.006	--	--	0.016	0.005
Aspartic acid	g	0.038	--	--	0.101	0.030
Glutamic acid	g	0.014	--	--	0.037	0.011
Glycine	g	0.006	--	--	0.016	0.005
Proline	g	0.005	--	--	0.013	0.004
Serine	g	0.007	--	--	0.019	0.006
Other						